



I'M NOT GIVING BACK MY BLACK

Crystal Bennett, LMSW
THRYVE, LLC
www.crystalthryves.com



OBJECTIVES

1. Participants will recognize the impact of internalized oppression and define racial battle fatigue
2. Participants will explore healing strategies to build physical and emotional safety, validate experiences and empower individuals and communities to heal from racial trauma
3. Participants will engage in techniques for emotional regulation and distress tolerance

RACIAL BATTLE FATIGUE

“Cumulative result of a natural race-related stress response to distressing mental and emotional conditions.

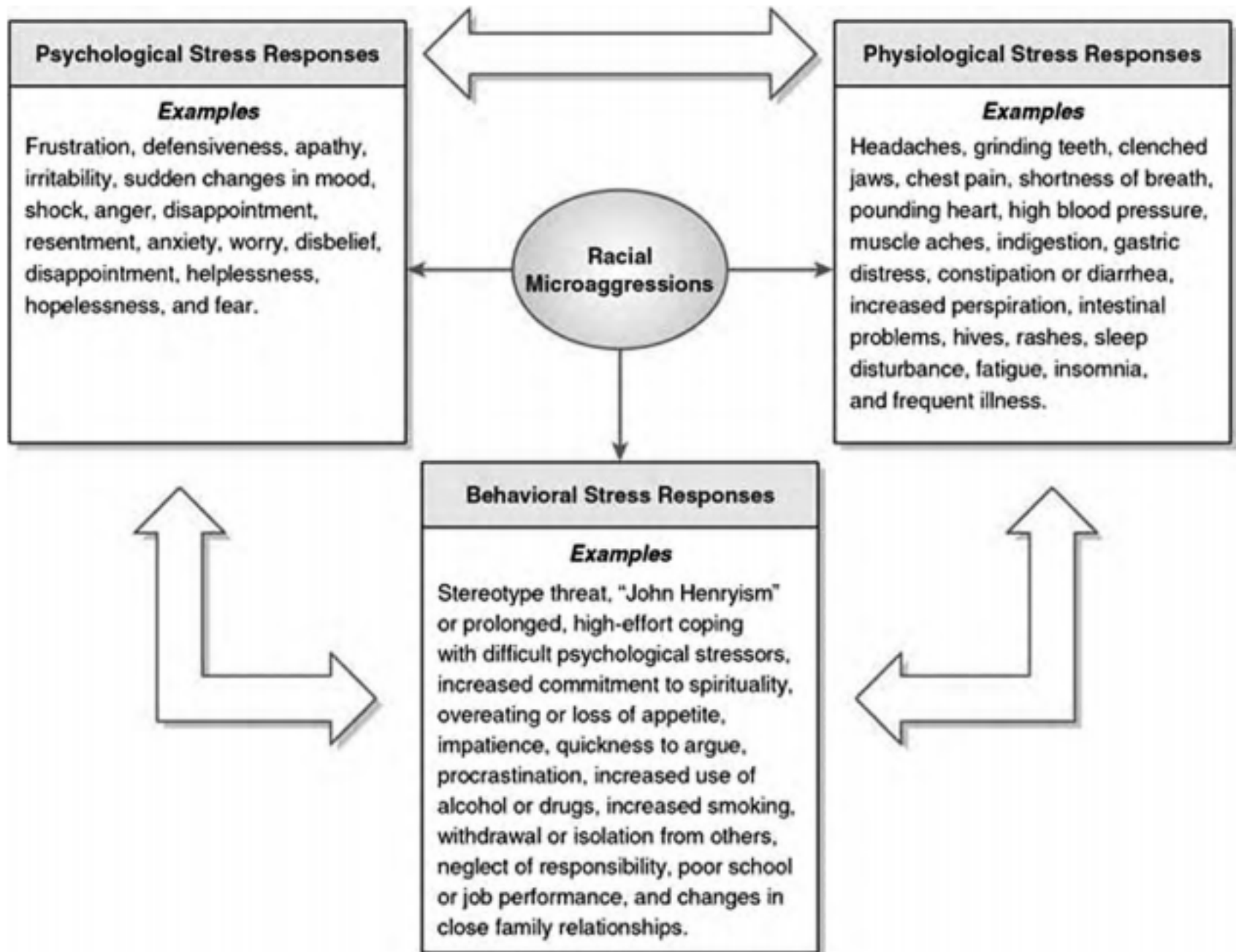
These conditions emerge from constantly facing racially dismissive, demeaning, insensitive and/or hostile racial environments and individuals.”

~ Dr. William A. Smith



A FULL HEAD OF JUDGEMENTAL JABS.

When looking for a new job, you may find a number of different ways to find a job. You can use the Internet, a job agency, or a friend who is looking for a job. You can also look for a job in a newspaper or a magazine. You can also look for a job in a company's website. You can also look for a job in a company's recruitment office. You can also look for a job in a company's recruitment office. You can also look for a job in a company's recruitment office.





INTERNALIZED OPPRESSION

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- Sense of inferiority
- Being grounded in victimhood
- Feeling overwhelmed and drained
- Focusing on “reading” white people
- Believing that oneself has little to no value
- Colorism
- Devaluing of others
- Hopelessness – Not being afraid to die... Being afraid to live
- Code-Switching

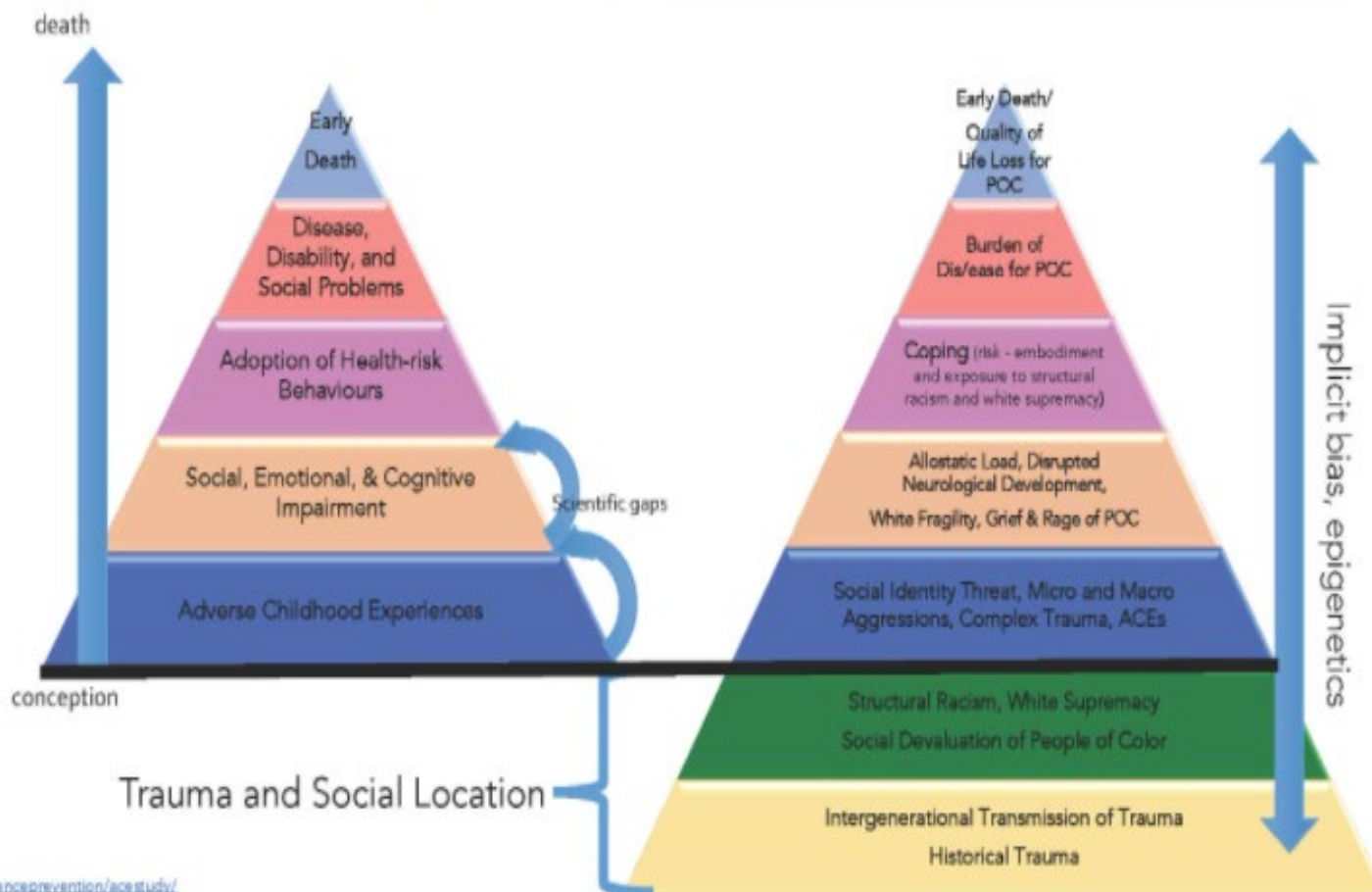
Racing ACEs

if it's not racially just, it's not trauma informed

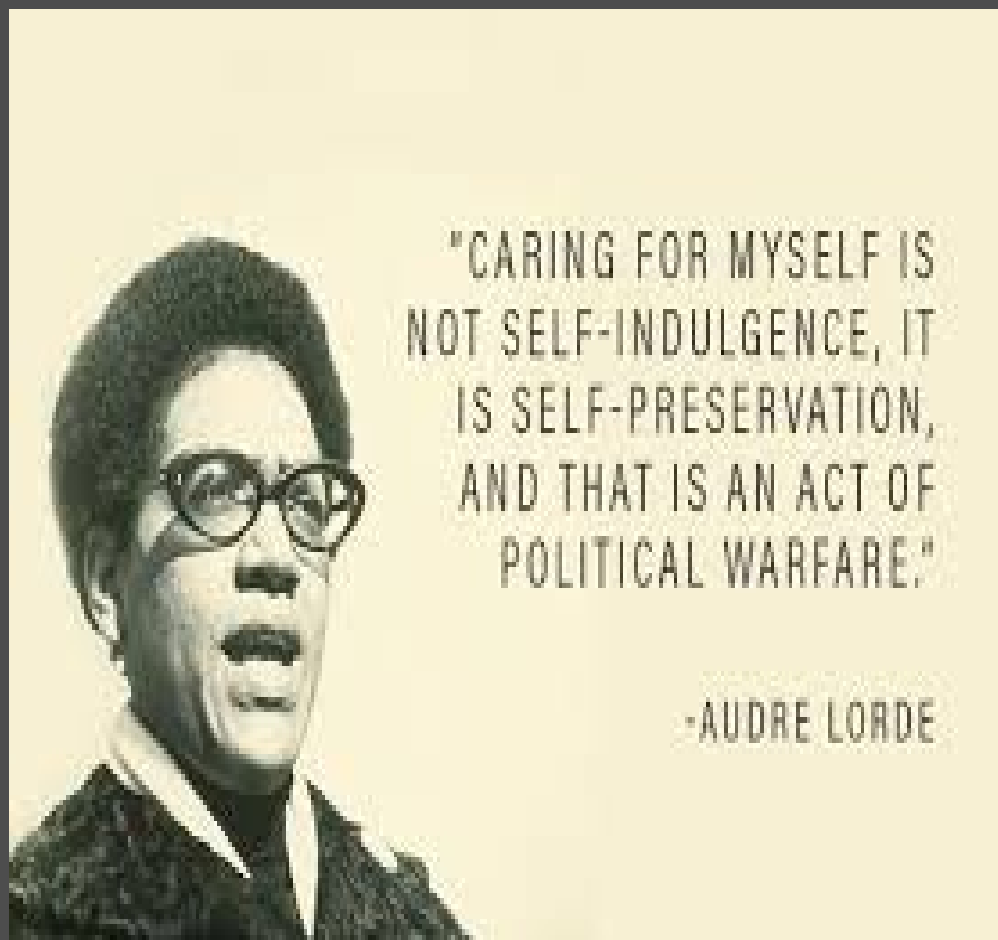


Adverse Childhood Experiences*

Historical Trauma/Embodiment of Oppression







"CARING FOR MYSELF IS
NOT SELF-INDULGENCE, IT
IS SELF-PRESERVATION,
AND THAT IS AN ACT OF
POLITICAL WARFARE."

-AUDRE LORDE



CREATE SPACE FOR RACE



HEALING

- RACIAL SOCIALIZATION
- LIBERATION PSYCHOLOGY & RADICAL HEALING
- STORYTELLING FOR SOCIAL JUSTICE/ NARRATIVE THERAPY
- EMOTIONAL EMANCIPATION CIRCLES/ AFFINITY GROUPS

RACIAL WELLNESS TOOLBOX

1. COPING SKILLS LIST
2. TRIGGERS & RESPONSE PLAN
3. EARLY WARNING SIGNS & RESPONSE PLAN
4. ACUTE RACIAL TRAUMA RESPONSE PLAN
5. CRISIS PLANNING
6. POST CRISIS PLANNING

TRAUMA FREE BLACKNESS



The Pair of ACEs

Adverse Childhood Experiences

Maternal
Depression

Physical &
Emotional Neglect

Emotional &
Sexual Abuse

Divorce

Substance
Abuse

Mental Illness

Incarceration

Domestic Violence

Homelessness

Adverse Community Environments

Poverty

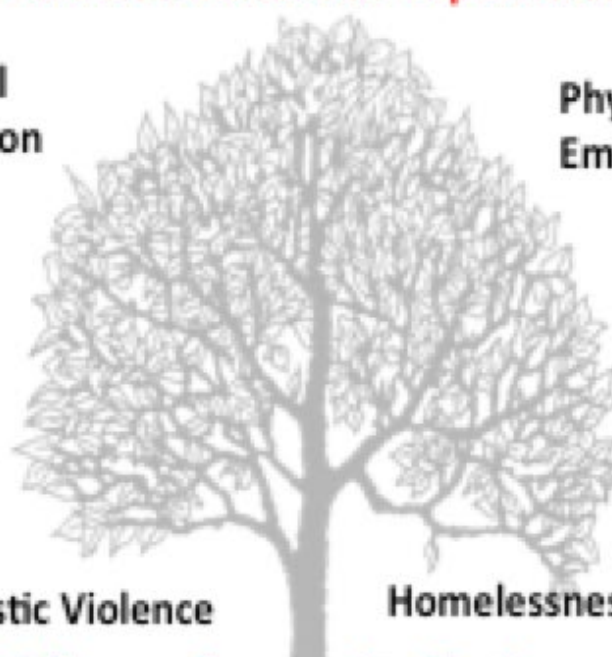
Discrimination

Community
Disruption

Lack of Opportunity, Economic
Mobility & Social Capital

Poor Housing
Quality &
Affordability

Violence



RECLAIM YOUR IDENTITY & DIRECTION



1. Tree of Life

Roots

- Participant thinks about and writes on tree where they come from (village, town, country)
- Family history (name, ancestry, extended family)
- Names of people who have taught them the most in their life, favorite place at home, things they hold dear to them

Ground

- Place for participants to write where they live now and activities they are engaged with in their daily life (school, job, parent)

Trunk

- Participants write their skills and abilities (caring, loving, empathetic, writer, organized)

Branches

- Participants write their hopes, dreams, and wishes for the directions of their life in the future

Leaves

- Represents significant people in their lives, who may be alive or passed on

Fruit

- Gifts participants have been given, not necessarily material gifts (being cared for, loved, acts of kindness)



'I'm Not Giving My Black Back'



Matthew Hinton / Sta

Crystal Rozelle-Bennett, LMSW

Email me:

crystal@crystalhryves.com

315-246-7759

Website:

www.crystalhryves.com

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